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BOOK REVIEWS

THE HEALTHY CHILD FROM TWO TO SEVEN. By F. H. MacCarthy, M.D. The Macmillan Company, New York. 235 pages. Price, \$1.50.

That parents, nurses and workers for Child Welfare need a handbook to act as guide, counsellor and friend for them in their daily needs is probably acknowledged by all who belong in this group.

There is a certain danger, however, that the untrained worker in this field of endeavor may make the mistake of taking one handbook and making it her absolute guide rule, not realizing that in professional matters there is difference of opinion, and rightly so, for there is still much to be learned and much to be proven in this all important study of the well being of the child.

Children vary, conditions vary, physicians vary in their opinions, and no general outline of the care and feeding of children should be taken too literally and quoted as the law and gospel.

Certain rules of feeding laid down by Dr. MacCarthy for instance would undoubtedly be the cause of much discussion among professional people. But as a handbook it is sure to be helpful with its many practical suggestions as to the needs of children and how to meet them. It is evidently written by one who knows the common mistakes made by those to whose care children are entrusted, and who may be giving loving care without wisdom and understanding.

The book will be valuable because of the reasonableness and definiteness of the suggestions in the chapters dealing with the psychological needs of the child. Those who do not know will learn, and those who have been trained will be stimulated by reading this book.

WINIFRED RAND, R.N.,

Director, Baby Hygiene Association, Boston, Mass.

STUDIES IN CHILD WELFARE: THE PHYSICAL GROWTH OF CHILDREN FROM BIRTH TO MATURITY, AND THE RELATION BETWEEN MENTAL AND PHYSICAL GROWTH. By Bird T. Baldwin, M.D. Price, \$3.00.

Many years ago Dr. Baldwin saw the need for more scientific data on the growth of children, and undertook a series of experimental investigations on the problems of physical growth, individual differences in growth, interrelation of the growth of physical traits, basic principles of development and their relationships, and the physiological age, with practical application to nutrition, physical education, mental growth, social adjustments, school progress and the entrance of children into industry.

The results of Dr. Baldwin's detailed and analytical studies are valuable contributions to scientific knowledge on normal growth. He points out that the physiological age is directly related to stages of mental maturation. The physiologically more mature child has different attitudes, different types of emotions, different interests than a child who is physically younger, though of the same chronological age.

Dr. Baldwin emphasizes the need, in framing child labor legislation, that the physical development of the boy or girl, as well as the chronological age and school standing, be taken into consideration. Some children are sufficiently mature physically to meet the requirements of an age limit of fourteen or sixteen, while others are immature and in a stage of growth where more training and more opportunity for physical development are essential.

Dr. Baldwin's reports are rather too bulky and technical for general use, but should be extremely valuable as reference books, and undoubtedly will have a profound influence on future work with children.

HAZEL WEDGWOOD, R.N.,

Associate Field Director, American Child Hygiene Assn.

AN ELEMENTARY MANUAL OF PHYSIOLOGY. By Dr. Russell Burton-Opitz. W. B. Saunders Company, Philadelphia, Pa. Price, \$2.50.

This book is a careful and comprehensive study of physiology intended for student nurses and dietitians. As professional lecturer in Physiology at Teachers College, the author has had much experience in teaching this subject and ample opportunities to try out methods of presentation. Furthermore, his students have been enthusiastic, proving his ability to make it popular, by no means an easy task.

It is an attractive volume illustrated with cuts that are original, interesting and graphic. The order in which the topics are arranged is logical. Points are taken up and discussed sufficiently to make them clear, thus avoiding confusion. The first chapters discuss general physiology under living matter, general phenomena of life and general conditions of life, thus laying a good foundation for more detailed subject matter later. He deals mainly with physiology, giving enough anatomy for clarification.

The physiology of movement is introduced early,—a distinct improvement over many texts. The discussion of metabolism and internal secretions is especially good.

The rapidly increasing demand for a more complete knowledge of physiology by nurses justifies such a text. I predict that it will